



# IRVING RECREATION CENTER

## SUMMER DAY CAMP 2016

### Grades 3-4

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954 (Rec.Center)  
402-405-6608 (K-2 phone)  
402-405-6609 (3-4 phone)  
402-405-6610 (5-7 phone)

## The Road to Rio: Week Two

Happy Memorial Day! We hope you had a great three day weekend! We will kick off the week with a field day at the library and we will finally add in all of the much awaited swim days, yoga and tennis sessions!

## THIS WEEK'S HIGHLIGHTS

### Monday

There is no camp today. Have a safe and happy **Memorial Day!**

### Tuesday

In the morning, we will walk to South Branch Library and participate in their Summer Fun Field Day! Please send your child in running shoes and clothes that are okay to get messy. In the afternoon, we will break into groups for Yoga and Tennis rotations and spend some time outside.

### Wednesday

We will start off the morning learning about Mexico! Then we will have our first swim day at Irvingdale. In the afternoon, we will have some time outside and learn about Geocaching. Remember your swim suit, a towel, sun screen and flip flops!

### Thursday

Remember to wear your orange shirt! We will spend the day geocaching, hiking, making nature bracelets and learning about navigation at Pioneer's Park. In the afternoon, we will learn about Hera the Olympian.

### Friday

We will start off our "Fitness Friday" with an active workout, followed by swimming at Irvingdale Pool. In the afternoon, we will play "The Good Ship" and learn some basketball and softball fundamentals! Remember your swim suit, a towel, sun screen and flip flops!